

## **SAFETY \*\***

1. *Know what to do in case of fire, use of fire extinguisher, exits, etc.*
2. *Run water on used matches before throwing them in the wastebasket.*
3. *Always use hot-dish holders when handling hot pans or dishes.*
4. *Be careful when you are using boiling hot water.*
5. *When boiling water is to be poured into a glass measuring cup, place cup on a tray in case boiling water causes cup to crack.*
6. *Keep handles of pans and skillets from extending over sides of stove so they cannot be bumped and be careful that a handle does not hang over another hot burner.*
7. *Use extreme care when you light the oven of a gas range. Follow directions. Always keep your face away from the oven door!*
8. *Be careful taking hot things out of the oven and use thick holder so that the heat will not come through.*
9. *When putting dishes and pans in the oven, and when removing them from the oven, pull out the racks.*
10. *Leave range clean inside and out when you have finished cooking. Check to see that all burners are turned off.*
11. *Be careful when working with hot grease.*
12. *If grease catches fire, immediately turn off heat and pour a generous amount of salt or dry baking soda on the blaze.*
13. *To avoid a steam burn, lift up the edge of the cover farthest from you.*
14. *Do not reach across an empty lighted burner.*
15. *Be careful when using sharp knives. The cook should learn to cut away from him/herself.*
16. *Lay sharp knives, peelers, and choppers carefully aside after using. Wash and wipe sharp-edged tools separately and carefully. Do not wash them with the silverware.*
17. *Never connect the current of an electric appliance - iron, toaster, mixer, waffle iron, etc. when your hands are wet.*
18. *If you break a glass, use a paper towel to pick up the pieces.*
19. *Keep water or grease spilled on the floor wiped up, so they will not cause a fall.*
20. *Keep cupboard doors and drawers closed, for it is easy to bump into them.*
21. *Highly polished floors cause many accidents.*
22. *Work quickly, quietly and carefully. Keep the kitchen in order at all times.*
23. *If you must climb to reach high, use a step stool.*
24. *Have a first-aid kit handy.*

**TRAIN YOURSELF TO BE CAREFUL  
SOON YOUR CAREFULNESS WILL BECOME A HABIT!**